Part 1: Questions 1-10
Complete the notes below. Write ONE WORD OR A NUMBER.

Moving to Banford City
Linda recommends living in suburb of: Dalton

Accommodation
• Average rent: (1) £ .................. a month

Transport
• Linda travels to work by (2) ..................
• Limited (3) ................... in city centre
• Trains to London every (4) ................ minutes
• Poor train service at (5) ..................

Advantages of living in Banford
• New (6) ................... opened recently
• (7)....................... has excellent reputation
• Good (8) ................... on Bridge Street

Meet Linda
• Meet Linda on (9) ................... after 5.30 pm
• In the (10) ................... opposite the station

Part 2: Questions 11-16
What advantages does the speaker mention for each of the following physical activities?

Choose SIX answers from the box and write the correct letter A-G next to questions 11-16

Advantages
A not dependent on season
B enjoyable
C low risk of injury
D fitness level unimportant
E sociable
F fast results
G motivating

Physical Activities
11. using a gym ....................
12. running .......................  
13. swimming ........................
14. cycling ......................
15. doing yoga ....................
16. training with a personal trainer  .......... 

Questions 17 and 18
Choose TWO letters A-E.

For which TWO reasons does the speaker say people give up going to the gym?

A lack of time
B loss of confidence
C too much effort required
D high costs
E feeling less successful than others

Questions 19 and 20
Choose TWO letters A-E,

Which TWO pieces of advice does the speaker give for setting goals?

A write goals down
B have achievable aims
C set a time limit
D give yourself rewards
E challenge yourself
Part 3: Questions 21-24
Choose the correct letter A, B or C.

Project on using natural dyes to colour fabrics

21. What first inspired Jim to choose this project?
A textiles displayed in an exhibition
B a book about a botanic garden
C carpets he saw on holiday

22. Jim eventually decided to do a practical investigation which involved
A using a range of dyes with different fibres
B applying different dyes to one type of fibre
C testing one dye and a range of fibres

23. When doing his experiments Jim was surprised by
A how much natural material was needed to make the dye
B the fact that dyes were widely available on the internet
C the time that he had to leave the fabric in the dye

24. What problem did Jim have with using tartrazine as a fabric dye?
A it caused a slight allergic reaction
B it was not a permanent dye on cotton
C it was ineffective when used on nylon

Questions 25-30

What problem is identified with each of the following natural dyes?

Choose SIX answers from the options below and write correct letter A-H next to questions 25-30

Problems
A it is expensive
B the color is too strong
C the color is not long lasting
D it is very poisonous
E it can damage the fabric
F the color may be unexpected
G it is unsuitable for some fabrics
H it is not generally available

Natural dyes
25. turmeric ....................
26. Beetroot ....................
27. Tyrian purple ....................
28. Lowood ....................
29. cochineal ..................
30. metal oxide ....................

Part 4: Questions 31-40
Complete the notes below. Write ONE WORD ONLY for each answer.

The sleepy lizard (tiliqua rugose)
Description
• They are common in western and south Australia
• They are brown but recognizable by their blue (31) ..................
• They are relatively large
• Their diet consists mainly of (32) ...................
• Their main predators are large birds and (33) ....................

Navigation study
• One study found that lizards can use the (34) ................... to help them navigate

Observations in the wild
• Observations show that these lizards keep the same (35) ................... for several years

What people want
• Possible reasons:
  o To improve the survival of their young (but little (36) ................... has been noted between parents and children)
  o To provide (37) ................... for female lizards
Tracking study
• A study was carried out using GPS systems attached to the (38) .................... of the lizards
• This provided information on the lizards' location and even the number of (39) .................... taken
• It appeared that the lizards were trying to avoid one another
• This may be in order to reduce chances of (40) .....................